

Technical Bulletin No. 72



Plants of *Dhanvantari* Vatika

*A catalogue of medicinal
and aromatic plants
available at ICAR-CCARI, Old Goa*

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Ela, Old Goa, Goa-403 402**



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Published by:

Director, ICAR-CCARI, Old Goa

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Correct citation:

Maneesha SR, Safeena SA, Solomon Rajkumar, V Arunachalam, Parveen Kumar (2022). Plants of *Dhanvantari vatika* - A catalogue of medicinal and aromatic plants available at ICAR-CCARI, Old Goa. Technical Bulletin No: 72. ICAR - Central Coastal Agricultural Research Institute, Ela, Old Goa-403 402, Goa, India. pp1-88

FOREWORD

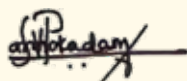
At the onset, I compliment and congratulate the authors of 'Plants of *Dhanvantari vatika*' – a catalogue of medicinal and aromatic plants available in ICAR- CCARI, Old Goa' for their sincere efforts and hard work in preparing this catalogue. This compilation documented evidence of exemplary collection of medicinal plants and compilation work by scientific fraternity at ICAR – CCARI in the campus. All the existing set up this campus makes it a favorable picnic destination and place to learn and get hands on experience for all levels of curious individuals ranging from farmers to policy makers and politicians. I am sure that this catalogue would be useful for farmers, researchers, students, teachers, biodiversity management committees, institutions having considerable space and gardens within their control, general public and pharmaceutical industries and all those who have interest in collection, conservation and utilization of medicinal and aromatic plants.

Goa is blessed with presence of Western Ghat region which is a hotspot of biodiversity with huge number of flora and fauna that include 5,000 flowering plants, 139 mammals, 508 birds, 179 amphibian species and 325 globally threatened species. This region is a hub of medicinal and aromatic plant species too. The therapeutic significance of these plants was known to mankind from time immemorial. The practical uses of them were encrypted in ancient literatures and also transmitted to generation after generation. But modern medicine has masked the relevance of the conventional medical practices due the absence of proper experimentation and documentation. Even though, WHO says that more than 80 % of the world population in developing nations still depend on herb based healthcare systems. Very little is done to document the

traditional knowledge that has been preserved over generations. Village level Biodiversity Management Committees (BMCs) through People's Biodiversity Registers (PBRs) have started this work in Goa to large extent. Most of the medicinal plants' species are collected from wild for herbal medicine preparation and there is chance of confusion among the species by the local collectors. Over exploitation of a particular species from wild may also cause extinction of that species. Therefore proper documentation of the plants is important in collection and conservation point of view.

ICAR- Central Coastal Agricultural Research Institute (ICAR-CCARI) has a herbal garden, *Dhanvantari vatika*, where they are conserving more than hundred medicinal and aromatic plant species that include medicinal herbs, shrubs, climbers and trees. 'Plants of *Dhanvantari vatika*' – A catalogue of medicinal and aromatic plants available in ICAR- CCARI, Old Goa' is a wonderful catalogue with clear pictures of the plants and plant parts. It also provides most relevant information about the plants in a crispy form.

I congratulate the team of contributors of this catalogue for the appreciable work and also to Dr. Parveen Kumar, Director is an inspiring leader at ICAR -CCARI Old Goa who is always filled with energy and positivity to take new initiatives towards good work towards every aspiring beneficiary of ICAR – CCARI.



Dr. Pradip Vithal Sarmokadam,
Member Secretary, Goa State Biodiversity Board,
HOD Nodal Agency, Goa State Wetlands Authority,
Nodal Officer, SLSC for NAFCC

PREFACE

The herbal garden of ICAR- Central Coastal Agricultural Research Institute, Old Goa is named as *Dhanvantari vatika* (*Dhanvantari* is the 'God of medicines' in vedic scripts). This garden was established to collect, conserve and utilize the medicinal and aromatic plant resources of Goa and adjoining Western Ghat regions. It has more than hundred herb, shrub, climber and tree species collected from different parts of the country 'Plants of *Dhanvantari vatika*': A catalogue of medicinal and aromatic plants available at ICAR-CCARI, Old Goa' was prepared to document these plants with their images, common names in different languages, scientific name and family, parts used, major active ingredients and major uses. This will help in identification of the plant species and conserve *in situ* or *ex situ* manner. It will also increase awareness about the uses of these plants among the new generation.

This catalogue is prepared as part of the SCSP project 'Promotion of cultivation and value addition of selected medicinal plants', which aims to promote the SC community people to commercially cultivate, process and use medicinal and aromatic plants. We are thankful to the section in charge of Horticultural Sciences session; SCSP coordinator; Dr. Mathala J. Gupta and Dr. V. Paramesha for the support and motivation provided during the preparation of this catalogue. We whole heartedly acknowledge the support and help provided by the farm superintendant Mr. Vinod Ubarhande, former technical officer Mr. Upendra Yadav, young professionals Ms. Deepika Shetgaonkar, Mrs. Vidula Pitre, Mrs. Aviprit V. Ubarhande, Mr. Rupesh Devidas and Ms. Madhavi Khapare. We also thank all the Co-PIs associated with the institute project, 'Prospects and promotion of agro ecotourism in coastal regions of India' for their encouragement. This catalogue will help to familiarize the plants available in our institute to the farmers, students, researchers and common people. We are sure that this catalogue will be a treasure to all those who love plants and its diversity.

~ Authors

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Adhatoda

Common name	<i>Adulsa/ Adosa/ Arusha/ Rus/ Bansa</i> (Hindi), <i>Adulsa/ Adus</i> (Konkani/ Marathi), <i>Vasaka / Vasa/ Sinhapuri</i> (Sanskrit)
Scientific name	<i>Adhatoda vasica</i>
Family	Acanthaceae
Parts used	Leaves, flowers and bark
Major active ingredients	Vasicine
Major uses	Expectorant, Bronchodilator



Aloe vera

Common name	<i>Gheekuvar</i> (Hindi), <i>Lolisar</i> (Konkani), <i>Khorpad</i> (Marathi), <i>Ghrta kumari</i> (Sanskrit)
Scientific name	<i>Aloe barbadensis</i>
Family	Asphodelaceae
Parts used	Leaves
Major active ingredients	Aloin, Barbedin
Major uses	Coolant, moisturizer, laxative



Annatto

Common name	<i>Latkan</i> (Hindi), <i>Sendri</i> (Konkani/ Marathi), <i>Sinduri</i> (Sanskrit)
Scientific name	<i>Bixa Orellana</i>
Family	Bixaceae
Parts used	Leaves, seed aril
Major active ingredients	Norbixin, Carotenoid, Orellin
Major uses	Antioxidant, anti-inflammatory, aphrodisiac



Arjun tree

Common name	<i>Arjun</i> (Hindi)
Scientific name	<i>Terminalia arjuna</i>
Family	Combretaceae
Parts used	Fruits, leaves, bark
Major active ingredients	Arjunolic acid, beta-sisterol
Major uses	Hypotensive, antipyretic, astringent



Arrowroot

Common name	Obedience plant (English), <i>Tikhor</i> (Hindi), <i>Tavaksri</i> (Sanskrit)
Scientific name	<i>Maranta arundinacea</i>
Family	Marantaceae
Parts used	Rhizomes
Major active ingredients	Starch, crude fibre
Major uses	Anti-carcinogenic, analgesic, anti-bacterial



Asparagus

Common name	Satavari/ Buttermilk root (English), <i>Shathavari/ Shatamuli</i> (Hindi), <i>Satavari</i> (Konkani/ Marathi), <i>Shatavari</i> (Sanskrit)
Scientific name	<i>Asparagus racemosus</i>
Family	Asparagaceae
Parts used	Roots
Major active ingredients	Asparagin, Shatavarisin
Major uses	Prevents abortion and premature labor, induces lactation



Bael

Common name	Bengal quince (English), <i>Bael</i> (Hindi), <i>Baela/ Maredu/ Bello</i> (Konkani/ Marathi), <i>Bilva/ Sriphal</i> (Sanskrit)
Scientific name	<i>Aegle marmelos</i>
Family	Rutaceae
Parts used	Fruits, bark, roots, leaves
Major active ingredients	Rutacin, Marmesin
Major uses	Anti-pyretic, anti-fertility, cardio-protective



Barleria

Common name	<i>Sahachara</i> (Hindi), <i>Koranta</i> (Konkani/Marathi), <i>Kurantaka</i> (Sanskrit)
Scientific name	<i>Barleria prionitis</i>
Family	Acanthaceae
Parts used	Root, leaves, bark
Major active ingredients	Beta-stirols, Barlerin
Major uses	Antidontalgic, antiseptic



Basil

Common name	<i>Tulsi</i> (Hindi/ Konkani/ Marathi), <i>Tulsi/ Vishnu Priya</i> (Sanskrit)
Scientific name	<i>Ocimum sanctum/ O. basilicum/ O. americanum/O. tenuifolium</i>
Family	Lamiaceae
Parts used	Leaves
Major active ingredient	Eugenol
Major uses	Aromatic, coolant, antibacterial



Bead tree

Common name	<i>Maha neem, Bakain</i> (Hindi), <i>Bakannimb</i> (Marathi), <i>Akshadru</i> (Sanskrit)
Scientific name	<i>Melia azedarach</i>
Family	Meliaceae
Parts used	Fruits, leaves, stem
Major active ingredient	Margosin, azardin
Major use/uses	Antihelminthic, antirheumatic, antiviral



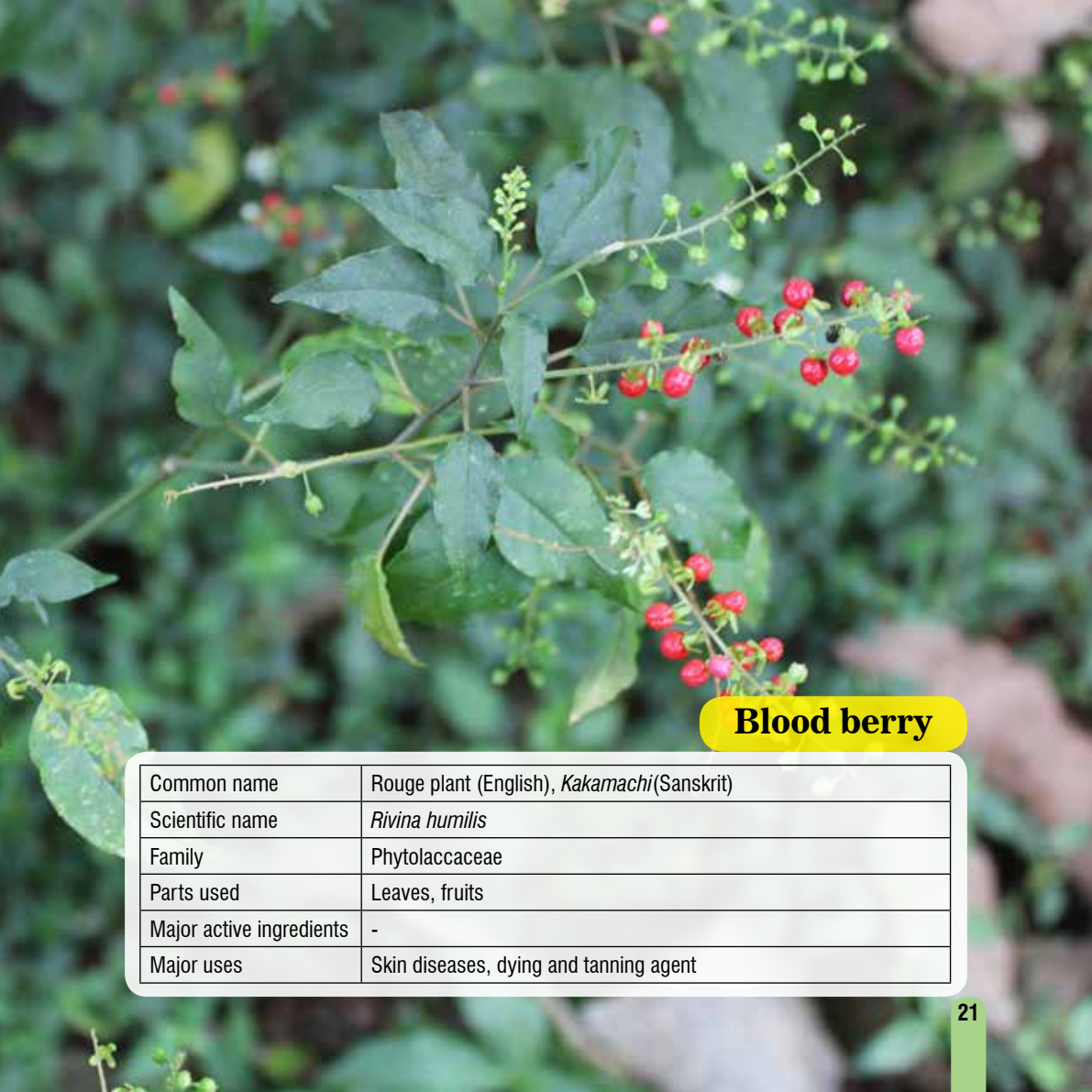
Betel vine

Common name	<i>Paan/ Paan patha</i> (Hindi), <i>Padipaanaa vaali</i> (Konkani) <i>Naagavalli</i> (Marathi), <i>Thamboolavalli</i> (Sanskrit)
Scientific name	<i>Piper betle</i>
Family	Piperaceae
Parts used	Leaves
Major active ingredients	Betelphenol (chavibetol), Alkaloid-arakene
Major uses	Aromatic, astringent, cardio tonic



Black pepper

Common name	<i>Kala mirch</i> (Hindi), <i>Gol Mirch</i> (Konkani/Marathi), <i>Marich</i> (Sanskrit)
Scientific name	<i>Piper nigrum</i>
Family	Piperaceae
Parts used	Fruits
Major active ingredients	Piperine, Piperethine
Major uses	Antidepressant, blood purifying, antitumor



Blood berry

Common name	Rouge plant (English), <i>Kakamachi</i> (Sanskrit)
Scientific name	<i>Rivina humilis</i>
Family	Phytolaccaceae
Parts used	Leaves, fruits
Major active ingredients	-
Major uses	Skin diseases, dyeing and tanning agent



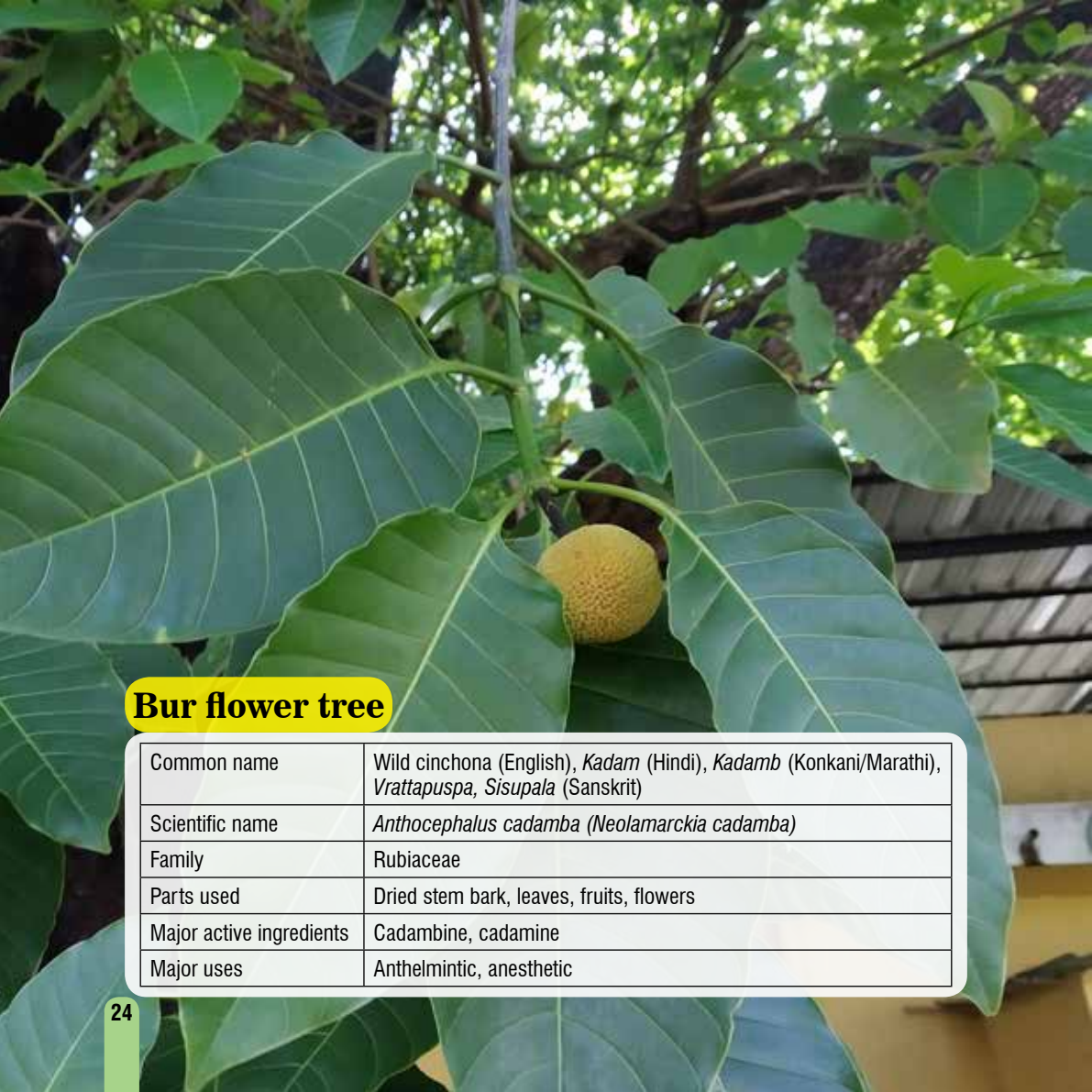
Bone setter

Common name	Adament creeper (English), <i>Hadsandhi/ Hadjora</i> (Hindi), <i>Harshankar/ Kandavela</i> (Konkani/ Marathi), <i>Asthisamhara</i> (Sanskrit)
Scientific name	<i>Cissus quadrangularis</i>
Family	Vitaceae
Parts used	Stem, leaves
Major active ingredients	Resveratrol, piceatanon, pallidol
Major uses	Healing of fractured bone



Bullet wood

Common name	<i>Moulasiri</i> (Hindi), <i>Ovala</i> (Konkani), <i>Bakula</i> , <i>Elainji</i> (Marathi), <i>Chirapuspa</i> (Sanskrit)
Scientific name	<i>Mimusops elengi</i>
Family	Sapotaceae
Parts used	Bark, flowers, fruits
Major active ingredients	Spinasterol, taraxerol
Major uses	Antimicrobial, anti-carcinogenic



Bur flower tree

Common name	Wild cinchona (English), <i>Kadam</i> (Hindi), <i>Kadamb</i> (Konkani/Marathi), <i>Vrattapuspa</i> , <i>Sisupala</i> (Sanskrit)
Scientific name	<i>Anthocephalus cadamba</i> (<i>Neolamarckia cadamba</i>)
Family	Rubiaceae
Parts used	Dried stem bark, leaves, fruits, flowers
Major active ingredients	Cadambine, cadamine
Major uses	Anthelmintic, anesthetic



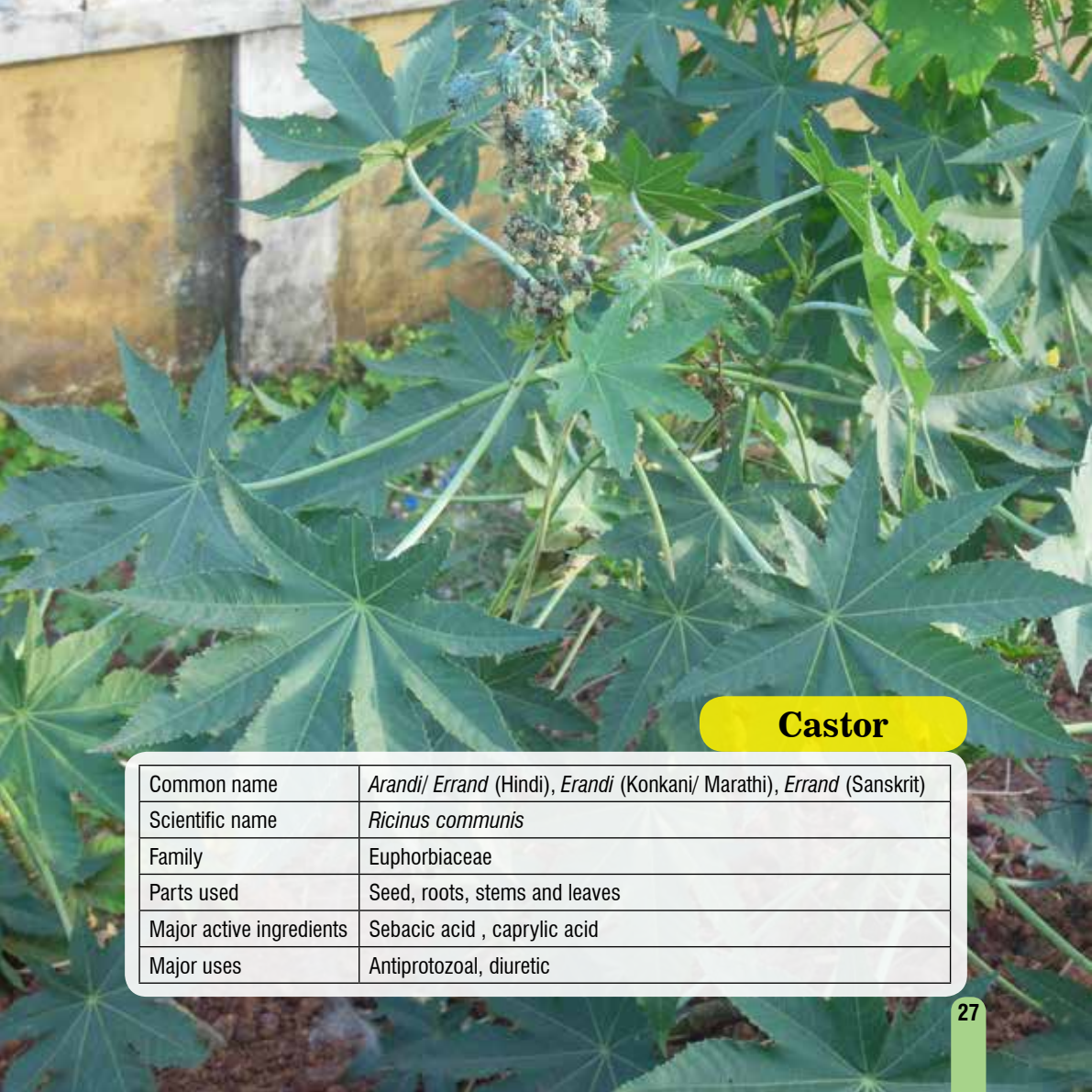
Butterfly pea

Common name	<i>Aparajit/ Koyala</i> (Hindi), <i>Shankhpushpa</i> (Konkani), Gokarna/ <i>Shankhpushpa</i> (Marathi), <i>Aparajitha</i> (Sanskrit)
Scientific name	<i>Clitoria ternatea</i>
Family	Fabaceae
Parts used	Leaves, seeds, bark, and stems
Major active ingredients	Finotin
Major uses	Cardiovascular stimulant, antidiabetic, antiparasitic



Camphor

Common name	<i>Karpur</i> (Hindi), <i>Kapoora</i> (Sanskrit)
Scientific name	<i>Cinnamomum camphora</i>
Family	Lauraceae
Parts used	A white crystalline substance obtained from all parts of the tree
Major active ingredients	Cinnamaldehyde, cinnamate, cinnamic acid
Major uses	Antiseptic, disinfectant



Castor

Common name	<i>Arandi/ Errand</i> (Hindi), <i>Erandi</i> (Konkani/ Marathi), <i>Errand</i> (Sanskrit)
Scientific name	<i>Ricinus communis</i>
Family	Euphorbiaceae
Parts used	Seed, roots, stems and leaves
Major active ingredients	Sebacic acid , caprylic acid
Major uses	Antiprotozoal, diuretic



Centella

Common name	Indian water naval wort (English), <i>Ballari/ Bheki</i> (Hindi), <i>Ekpani</i> (Konkani)/(Marathi), <i>Mandukaparni</i> (Sanskrit)
Scientific name	<i>Centella asiatica</i>
Family	Apiaceae
Parts used	Whole plant
Major active ingredients	Madecacoside, asiaticoside, aglycones
Major uses	Used to treat insomnia



Chaste tree

Common name	<i>Sambhalu</i> (Hindi), <i>Nirgundi</i> (Marathi) <i>Ananta</i> , <i>Sinduvar</i> (Sanskrit)
Scientific name	<i>Vitex trifolia</i>
Family	Lamiaceae
Parts used	Leaves
Major active ingredients	Camphene, Vitetrifolin
Major uses	Diphoretic, diuretic, treats gynaecological problems



Chekkurmanis

Common name	Sweet leaf bush/tropical asparagus (English), <i>Surasarabi</i> (Hindi), <i>Aruni</i> (Sanskrit)
Scientific name	<i>Sauropus androgynus</i>
Family	Euphorbiaceae
Parts used	Leaves
Major active ingredients	Carotenoids, protein, fibre
Major uses	Antioxidant, blood building element



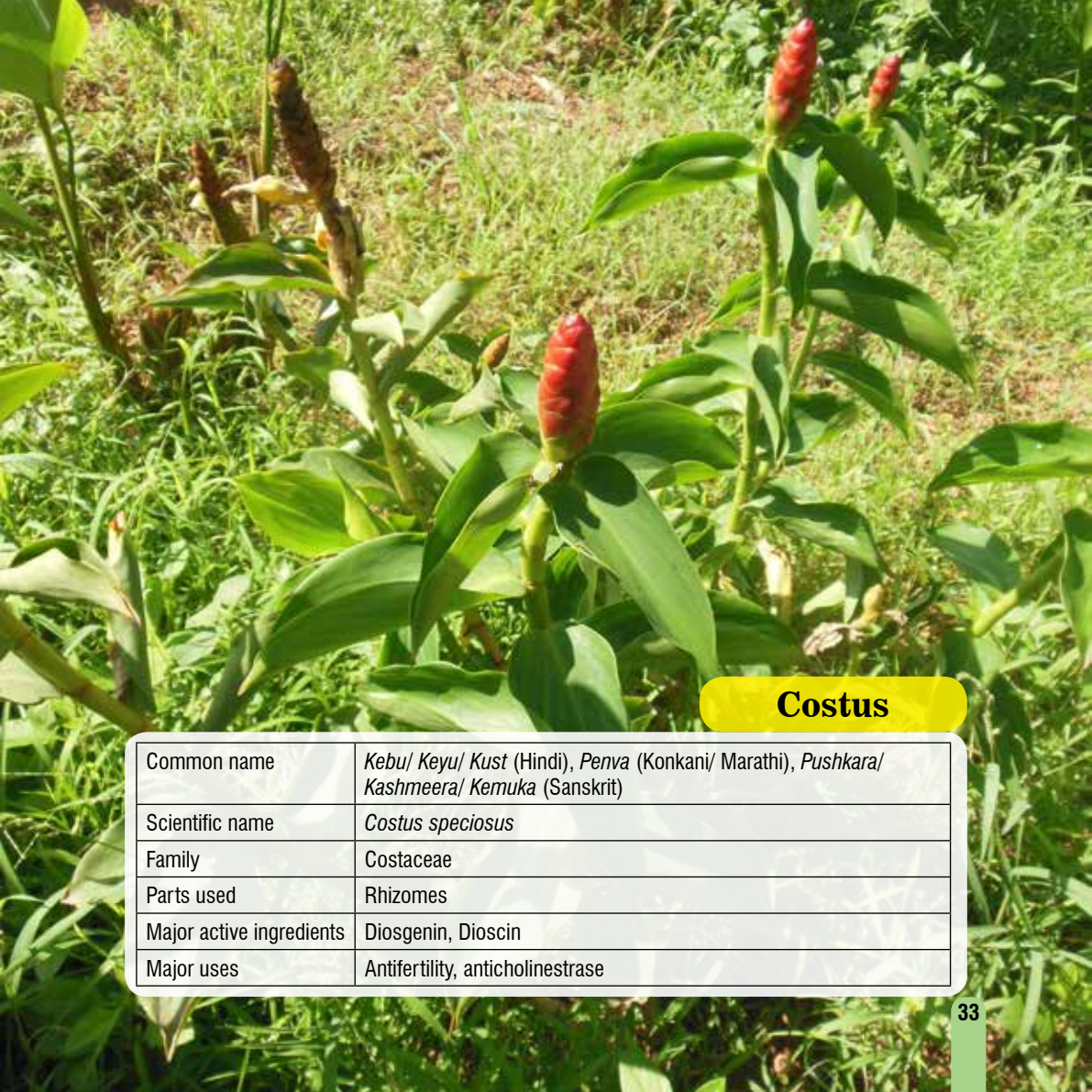
Citronella

Common name	Mana grass (English), <i>Ganjini</i> (Hindi) <i>Ganjan</i> (Konkani) <i>Gandhabael</i> (Marathi) , <i>Guchcha</i> (Sanskrit)
Scientific name	<i>Cymbopogon nardus</i>
Family	Poaceae
Parts used	Leaves
Major active ingredients	Citronellal
Major uses	Insect repellent, antifungal

The background of the page is a close-up photograph of the Coleus aromaticus plant. The leaves are bright green, ovate, and have a serrated margin. The venation is clearly visible, showing a network of veins across the leaf surface. The lighting is natural, highlighting the texture and color of the foliage.

Coleus

Common name	Spanish thyme/ Mexican thyme (English), <i>Ajmapaan/ Patharchoor</i> (Hindi), <i>Pathurchur</i> (Konkani/Marathi), <i>Sugandhavalakam</i> (Sanskrit)
Scientific name	<i>Coleus aromaticus</i>
Family	Lamiaceae
Parts used	Leaves
Major active ingredients	Codeine, Carvacrol
Major uses	Used in treatment of malarial fever, asthma and bronchitis



Costus

Common name	<i>Kebu/ Keyu/ Kust</i> (Hindi), <i>Penva</i> (Konkani/ Marathi), <i>Pushkara/ Kashmeera/ Kemuka</i> (Sanskrit)
Scientific name	<i>Costus speciosus</i>
Family	Costaceae
Parts used	Rhizomes
Major active ingredients	Diosgenin, Dioscin
Major uses	Antifertility, anticholinestrase



Curry leaf

Common name	<i>Mithinim/ Katnim</i> (Hindi), <i>Karbel/ Kadipatta</i> (Konkani/ Marathi), <i>Kalasakh/ Kaidaryah</i> (Sanskrit)
Scientific name	<i>Murraya koenigii</i>
Family	Rutaceae
Parts used	Roots, Bark and Leaves
Major active ingredients	Carbazole alkaloids
Major uses	Aromatic, antiseptic, stomachic



Devil tree

Common name	Dita tree (English), <i>Shaitan kajat</i> (Hindi), <i>Saptaparnah</i> (Sanskrit)
Scientific name	<i>Alstoniascholaris</i>
Family	<i>Apocynaceae</i>
Parts used	Leaves, bark, roots
Major active ingredients	Ditanin
Major uses	Anti choleric, febrifuge



False daisy

Common name	False Daisy (English), <i>Bhamgra</i> (Hindi), <i>Maka</i> (Konkani/ Marathi), <i>Bhringarajah</i> (Sanskrit)
Scientific name	<i>Eclipta prostrata/alba</i>
Family	Asteraceae
Parts used	Whole plant
Major active ingredient	Stigmasterol
Major use/uses	Anticatarrhal, antiseptic, anti inflammatory



Flame lily

Common name	Flame lily (English), <i>Kali Hari/ Agnisikha</i> (Hindi), <i>Nagakaria</i> (Konkani/ Marathi), <i>Agnishika/ Shakrapushpi/ Garbhaghatini</i> (Sanskrit)
Scientific name	<i>Gloriosa superba</i>
Family	Colchicaceae
Parts used	Rhizomes, leaves
Major active ingredients	Colchicine, superbin
Major uses	Anticancerous, abortifacient, antidote



Garlic creeper

Common name	Garlic creeper (English), <i>Lasun vel</i> (Hindi)
Scientific name	<i>Adenocalymma alliaceum</i>
Family	Bignoniaceae
Parts used	Leaves, stem
Major active ingredients	Sitosterol, stigmasterol, daucosterol, fucosterol
Major uses	Antitussive, muscle relaxant, uterine relaxant



Ginger

Common name	<i>Adrak</i> (Hindi), <i>Alha/ Aele</i> (Konkani/ Marathi), <i>Adrakam</i> (Sanskrit)
Scientific name	<i>Zingiber officinale</i>
Family	Zingiberaceae
Parts used	Rhizomes
Major active ingredients	Gingerols
Major uses	Antirheumatic, anti-inflammatory



Greater Galangal

Common name	Thai Ginger/ Siamese ginger (English), <i>Bara kulanjan</i> (Hindi), <i>Koshtkulinjan</i> (Marathi), <i>Sugandhamula/ Rasna</i> (Sanskrit)
Scientific name	<i>Alpinia galangal</i>
Family	Zingiberaceae
Parts used	Rhizomes
Major active ingredients	Acetoxychavicol diacetate
Major uses	Thermogenic, aromatic, nervine tonic



Gymnema

Common name	Australian cow plant (English), <i>Gudmar/Merasimgi</i> (Hindi), <i>Kavali/Bedaki</i> (Konkani/ Marathi), <i>Mesarsngi/ Madhunasini</i> (Sanskrit)
Scientific name	<i>Gymnema sylvestre</i>
Family	Apocynaceae
Parts used	Leaves
Major active ingredients	Triterpene, Saponins
Major uses	Antidiabetic, laxative, antiobesic



Halfa grass

Common name	<i>Kusha</i> (Hindi), <i>Darbha</i> (Sanskrit)
Scientific name	<i>Desmostachya bipinnata</i>
Family	Poaceae
Parts used	Roots
Major active ingredients	alkaloids, flavonoids, terpenoids, glycosides, saponins
Major uses	Diuretic, anti diabetic, anti diarrheal and good for piles



Hatikana

Common name	<i>Dinda</i> (Hindi), <i>Gajakarni</i> (Konkani/ Marathi), <i>Hastikarni</i> /Samudrika / Jino (Sanskrit)
Scientific name	<i>Leea macrophylla</i>
Family	Vitaceae
Parts used	Root tuber
Major active ingredients	tannins, glycosides
Major uses	Anti-cancerous and anti-inflammatory



Henna

Common name	Mignonette tree (English), <i>Mehendi</i> (Hindi), <i>Mendi</i> (Marathi), <i>Mendika</i> , <i>Dvratna</i> (Sanskrit)
Scientific name	<i>Lawsonia inermis</i>
Family	Lythraceae
Parts used	Leaves, flowers, bark, roots and seeds
Major active ingredients	lawsone, 2- hydroxy-1, 4 napthaquinone
Major uses	Coolant, hepatoprotective, colouring agent



Indian ginseng

Common name	Indian ginseng (English), <i>Ashwagandha</i> (Hindi/Marathi)
Scientific name	<i>Withania somnifera</i>
Family	Solanaceae
Parts used	Roots, leaves, seeds
Major active ingredients	Sitoindosides, Withaferin-A
Major uses	Tonic, antipyretic, antidepressant



Indian gooseberry

Common name	Indian Gooseberry (English), <i>Amla</i> (Hindi), <i>Amla</i> (Marathi), <i>Amalaka/Adiphala</i> (Sanskrit)
Scientific name	<i>Emblica officinalis</i>
Family	Euphorbiaceae
Parts used	Fruits
Major active ingredients	Ascorbic acid, Quercetin
Major uses	Anti oxidant, antidiabetic, vermifuge, appetizer



Indian laburnum

Common name	Golden shower tree (English), <i>Amaltas</i> (Hindi), <i>Bahava</i> (Konkani/Marathi), Kitamalah (Sanskrit)
Scientific name	<i>Cassia fistula</i>
Family	Fabaceae
Parts used	Fruits, bark, root, leaves
Major active ingredients	Fistulic acid
Major uses	Liver protecting, antimicrobial



Indian pennywort

Common name	Indian pennywort (English), <i>Jalnim</i> , <i>Jalbrahmi</i> (Hindi), <i>Brahmi</i> (Konkani)/ (Marathi)/ (Sanskrit)
Scientific name	<i>Bacopa monnieri</i>
Family	Scrophulariaceae
Parts used	Leaves, whole plant
Major active ingredients	Brahmine, nicotine, bacopasides I and bacopasides II
Major uses	Antiulcerogenic, antidepressant

Insulin Plant

Common name	Fiery Costus/ Spiral Flag (English), <i>Keukand</i> (Hindi), Pushkar mula (Konkani/ Marathi), <i>Pushkara/ Kashmeera/ Kemuka</i> (Sanskrit)
Scientific name	<i>Costus igneus</i>
Family	Costaceae
Parts used	Leaves
Major active ingredients	Insulin precursor, Beta-carotene
Major uses	Antidiabetic



Kalanchoe

Common name	Miracle leaf(English), <i>Patherchutt</i> (Hindi), <i>Pamphuti</i> (Marathi), <i>Asthibhaksha</i> (Sanskrit)
Scientific name	<i>Bryophyllum pinnatum</i>
Family	Crassulaceae
Parts used	Leaves
Major active ingredients	Bufadienolides
Major uses	Antitumorous, insecticidal



Kalmegh

Common name	Green chiretta/ Kalmegh (English), <i>Kirayate/ Kalmegh/ Kiriya/ Kalpanath</i> (Hindi), <i>Kalpa/ Oli-kiryata</i> (Marathi), <i>Bhunimbah</i> (Sanskrit)
Scientific name	<i>Andrographis paniculata</i>
Family	Acanthaceae
Parts used	Whole Plant
Major active ingredients	Andrographolide
Major uses	Stomachic, blood purifier, anthelmintic



Kenaf

Common name	<i>Ambadi</i> (Hindi), <i>Ambaada</i> (Marathi), <i>Ambalika</i> (Sanskrit)
Scientific name	<i>Hibiscus cannabinus</i>
Family	Malvaceae
Parts used	Flowers, leaves, seeds
Major active ingredients	Cannabinidine, Cannabistrin
Major uses	Aphrodisiac, treats throat disorders, dysentery



Kokum

Common name	Goa butter tree / Kokum butter tree (English), <i>Kokam</i> (Hindi), <i>Bheranda/ Kokamba</i> (Konkani/ Marathi), <i>Vrukshamila/ Amlashaka</i> (Sanskrit)
Scientific name	<i>Garcinia indica</i>
Family	Clusiaceae
Parts used	Fruit rind
Major active ingredients	Garcinol, Hydroxy Citric Acid (HCA)
Major uses	Antioxidant, anticancer, antibacterial



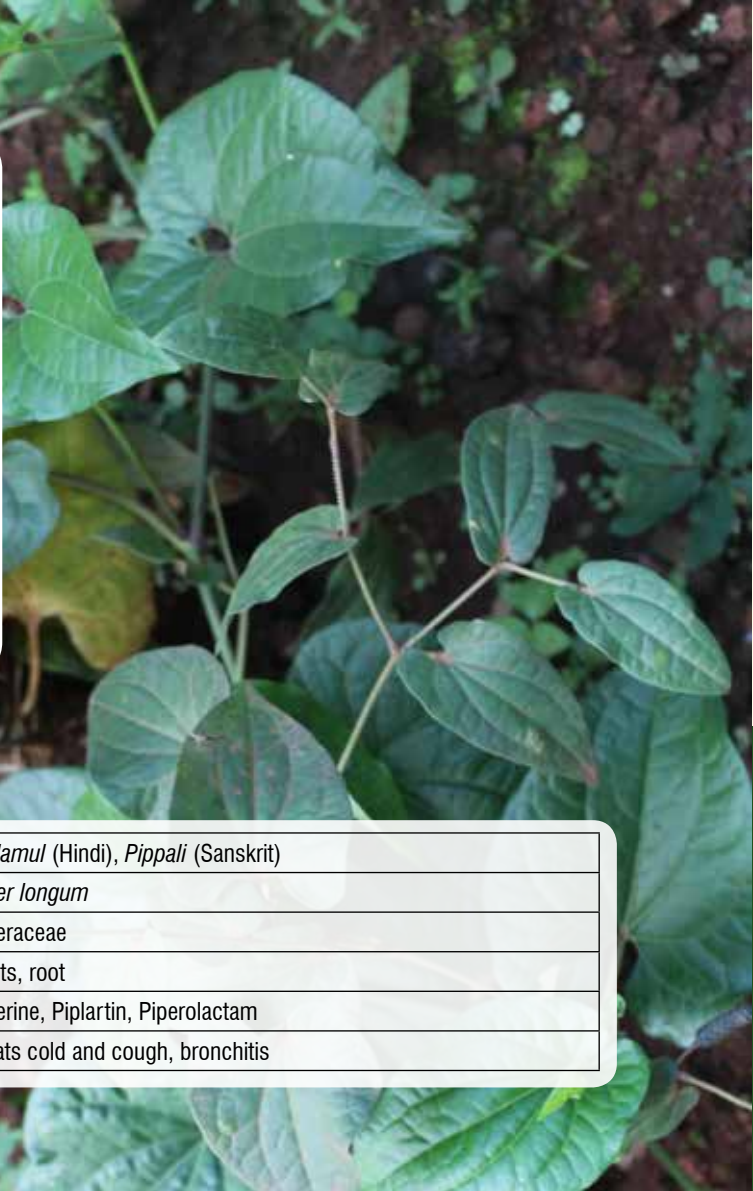
Leadwort

Common name	Leadwort (English), <i>Chitrak</i> (Hindi), <i>Chitrak</i> (Sanskrit)
Scientific name	<i>Plumbago zeylanica</i> (white)/ <i>P. auriculata</i> (blue)/ <i>P. indica</i> (red)
Family	Plumbaginaceae
Parts used	Root, root bark, seeds
Major active ingredients	Plumbagin, sitosterol glucoside
Major uses	Anticoagulant, abortifacient, antiovolutory



Lemon grass

Common name	Lemon Grass / Oil grass (English), <i>Gandhatran</i> (Hindi), <i>Oli-cha</i> / <i>Ganjan</i> (Konkani), <i>Olecha</i> (Marathi), <i>Bhustarah</i> (Sanskrit)
Scientific name	<i>Cymbopogon citratus</i>
Family	Poaceae
Parts used	Aerial parts
Major active ingredients	Citral, Limonene, Citronellol
Major uses	Aromatic agent, treats cold and cough



Long pepper

Common name	<i>Piplamul</i> (Hindi), <i>Pippali</i> (Sanskrit)
Scientific name	<i>Piper longum</i>
Family	Piperaceae
Parts used	Fruits, root
Major active ingredients	Piperine, Piplartin, Piperolactam
Major uses	Treats cold and cough, bronchitis



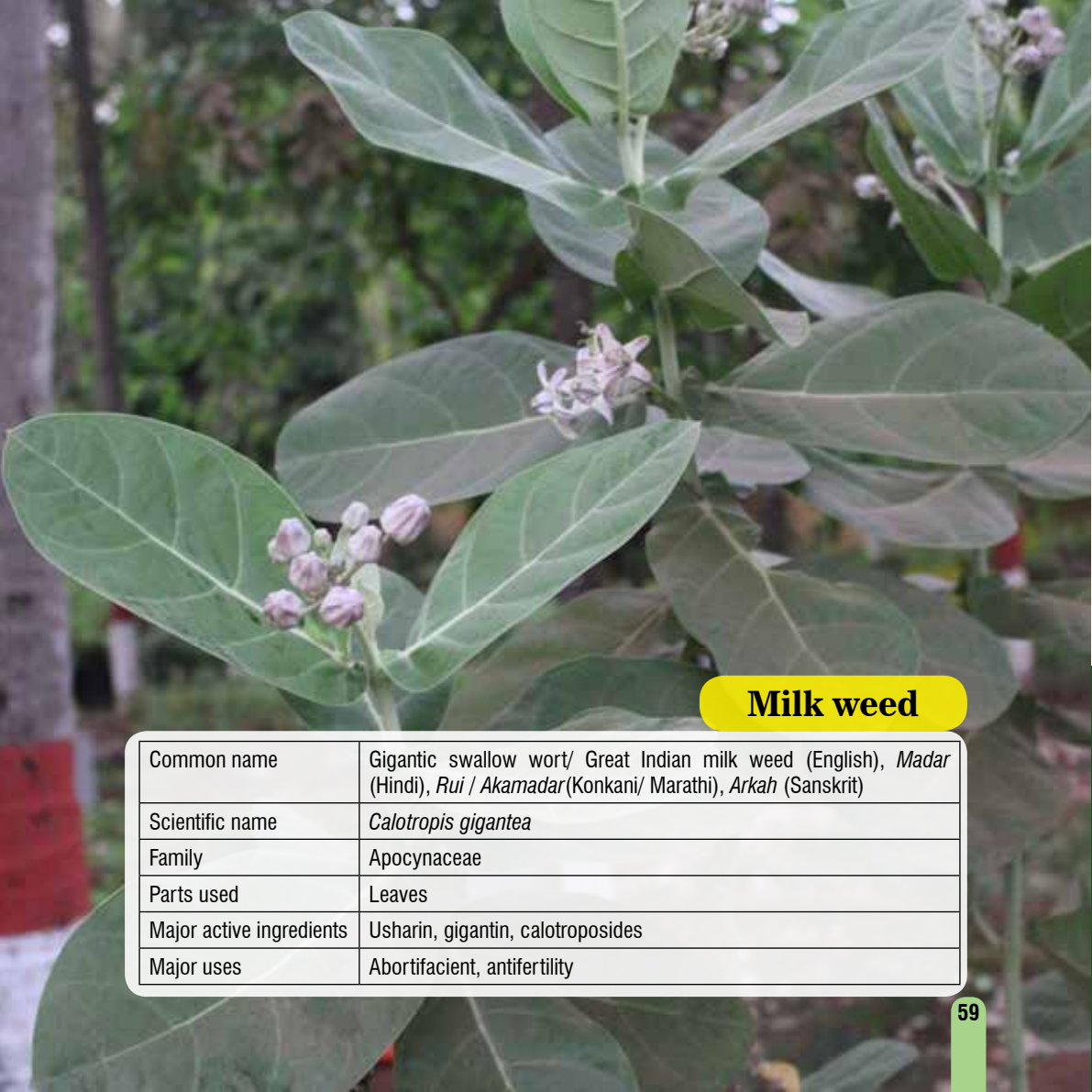
Mango ginger

Common name	<i>Am-halad</i> (Hindi), <i>Ambehalad</i> , <i>Pandareehalad</i> (Marathi), <i>Amragandh</i> (Sanskrit)
Scientific name	<i>Curcuma amada</i>
Family	Zingiberaceae
Parts used	Rhizomes
Major active ingredients	Curcumin
Major uses	Expectorant, antifungal, antipyretic



Margosa

Common name	Indian Lilac (English), <i>Nim/ Neem</i> (Hindi), <i>Limbu</i> (Konkani/ Marathi), <i>Nimbah/ Prabhadrāh</i> (Sanskrit)
Scientific name	<i>Azadirachta indica</i>
Family	Meliaceae
Parts used	Leaves, bark, fruits
Major active ingredients	Azadirachtin, salannin, meliantriol and nimbin
Major uses	Blood purifier, antifungal, antiinflammatory



Milk weed

Common name	Gigantic swallow wort/ Great Indian milk weed (English), <i>Madar</i> (Hindi), <i>Rui</i> / <i>Akamadar</i> (Konkani/ Marathi), <i>Arkah</i> (Sanskrit)
Scientific name	<i>Calotropis gigantea</i>
Family	Apocynaceae
Parts used	Leaves
Major active ingredients	Usharin, gigantol, calotroposides
Major uses	Abortifacient, antifertility



Mint

Common name	<i>Pudina</i> (Hindi), <i>Pudina</i> (Sanskrit)
Scientific name	<i>Mentha arvensis</i>
Family	Lamiaceae
Parts used	Whole plant
Major active ingredients	Limonene, cineole, menthone
Major uses	Coolant, antimicrobial, flavouring agent



Musk mallow

Common name	<i>Musk mallow</i> (English), <i>Kasturi dana</i> (Hindi), <i>Kasthori bhendi</i> (Marathi), <i>Latakasturi</i> (Sanskrit)
Scientific name	<i>Abelmoschus moschatus</i>
Family	Malvaceae
Parts used	Seeds, immature seed pods, leaves, new shoots
Major active ingredients	Myricetin
Major uses	Aromatic, antidiabetic, antispasmodic



Noni

Common name	<i>Great morinda/ Indian mulberry / Beach mulberry / Cheese fruit</i> (English), <i>Ach</i> (Hindi), <i>Ashyuka</i> (Sanskrit)
Scientific name	<i>Morinda citrifolia</i>
Family	Rubiaceae
Parts used	Leaves, fruits, bark
Major active ingredient	Xeronine
Major uses	Antimicrobial, anti-tuberculosis



Palmarosa

Common name	Ginger grass (English), <i>Gandhbeal</i> (Hindi), <i>Rusha</i> (Marathi), <i>Dhyamakah</i> (Sanskrit)
Scientific name	<i>Cymbopogon martini</i>
Family	Poaceae
Parts used	Stem, leaves, flowers
Major active ingredients	Geraniol
Major uses	Anti-inflammary, antiasthmatic, aromatic



Paradise tree

Common name	Paradise tree (English), <i>Lakshmi taru</i> (Hindi)
Scientific name	<i>Simarouba glauca</i>
Family	Simaroubaceae
Parts used	Seeds, bark
Major active ingredients	Quassinoids
Major uses	Antipyretic, anti malarial, anticancerous



Patchouli

Common name	<i>Java patchouli</i> (English), <i>Patchouli</i> (Hindi), <i>Paat</i> (Konkani), <i>Paach</i> (Marathi), <i>Paci</i> (Sanskrit)
Scientific name	<i>Pogostemon cablin</i>
Family	Lamiaceae
Parts used	Leaves, flowers
Major active ingredients	Patchoulol, sesquiterpenes
Major uses	Aromatic, antidepressant, antidote for snake bites



Periwinkle

Common name	Tiny Periwinkle/ Vinca (English), <i>Sadabahar</i> (Hindi), <i>Sadapushpa</i> (Konkani), <i>Sadaphuli</i> (Marathi), <i>Nithya kalyani</i> (Sanskrit)
Scientific name	<i>Catharanthus roseus</i>
Family	Apocynaceae
Parts used	Leaves, flowers, whole plant
Major active ingredients	Vinblastine, vincristine
Major uses	Anticancerous, antidiarrheal, antidiabetic



Red flame ivy

Common name	Metal leaf/ Cemetery plant (English), <i>Murikooti</i> (Malayalam), <i>Vranaropani</i> (Sanskrit)
Scientific name	<i>Hemigraphis colorata</i>
Family	Acanthaceae
Parts used	Leaves
Major active ingredients	flavonoids, polyphenols, tannins
Major uses	antibacterial, antidiabetic, anti-inflammatory, wound healing



Red sandalwood

Common name	<i>Red saunders</i> (English), <i>Lal chandan</i> (Hindi), <i>Raktachandan</i> (Marathi), <i>Agarugandha</i> (Sanskrit)
Scientific name	<i>Pterocarpus santalinus</i>
Family	Fabaceae
Parts used	Heart wood, bark
Major active ingredient	Santalin
Major uses	Coolant, analgesic, tonic, dying agent



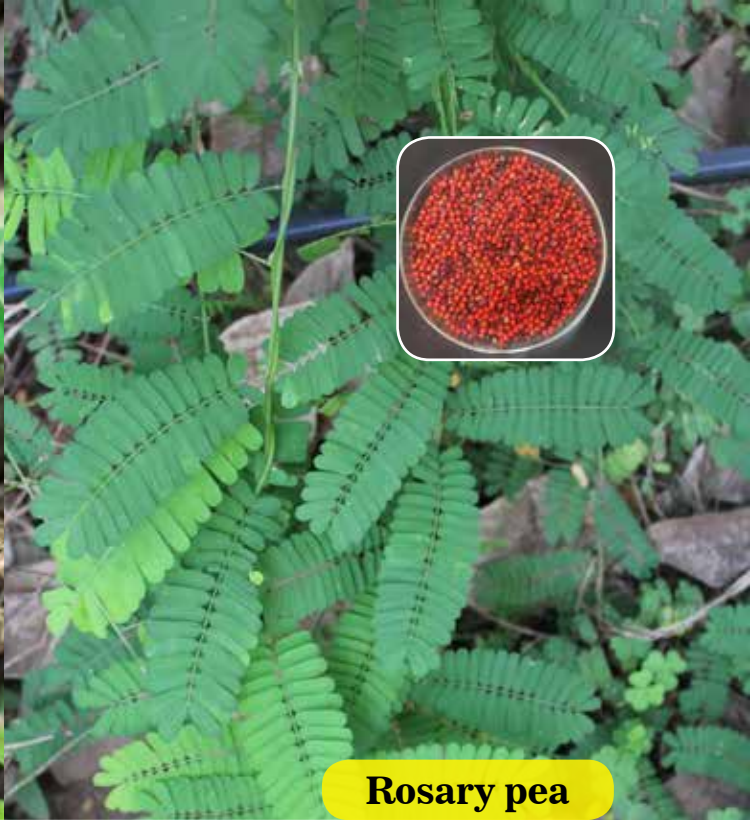
Red bird cactus

Common name	Devil's backbone (English), <i>Nival</i> (Hindi), <i>Vilaytisher</i> (Konkani/ Marathi)
Scientific name	<i>Pedilanthus tithymaloides</i>
Family	Euphorbiaceae
Parts used	Roots, leaves
Major active ingredient	Pedilanthain
Major use	Deworming agent



Reed

Common name	Reed (English), <i>Barana I</i> (Hindi), <i>Nal</i> (Marathi), <i>Dhamana</i> (Sanskrit)
Scientific name	<i>Arundo donax</i>
Family	Poaceae
Parts used	Roots
Major active ingredients	Bufotenidine
Major uses	Antiinflammatory, treats herpes, increases lactation



Rosary pea

Common name	<i>Ratti/ Gunaci</i> (Hindi), <i>Gunja</i> (Konkani/ Marathi), <i>Gunja</i> (Sanskrit)
Scientific name	<i>Abrus precatorius</i>
Family	Fabaceae
Parts used	Seeds, roots, whole plant
Major active ingredients	Abrol, abrasine
Major uses	Antifertility, antispasmodic



Sandal wood

Common name	<i>Chandan</i> (Hindi), <i>Gandhachakoda</i> (Konkani/ Marathi), Chandana (Sanskrit)
Scientific name	<i>Santalum album</i>
Family	Santalaceae
Parts used	Oil extracted from wood
Major active ingredient	Santalol
Major uses	Anti inflammatory, coolant



Senna

Common name	<i>Senna</i> (Hindi), <i>Mulkacha/ Bhitavada</i> (Konkani), <i>Swarna patra</i> (Sanskrit)
Scientific name	<i>Cassia angustifolia</i>
Family	Fabaceae
Parts used	Leaves, seeds, fruit/ pods
Major active ingredients	b-sitosterol, sennoside ,aloe-amine
Major uses	Blood purifier, laxative, anthelmintic



Serpent wood

Common name	Indian snakeroot (English), <i>Chandrabhaga</i> (Hindi), <i>Sarpagandha</i> (Sanskrit)
Scientific name	<i>Rauvolfia serpentina</i> / <i>R. tetraphylla</i>
Family	Apocynaceae
Parts used	Roots, leaves
Major active ingredients	Reserpine, ajmaline ,serpentine
Major uses	Sedative, tranquillising agent, venom antidote



Soapnut tree

Common name	South India Soapnut / Three-leaf soapberry / Trijugate-leaved soapnut (English), Phenil / Rist / Ristak (Hindi), Phenil / Rinthi / Rittha (Konkani/ Marathi)
Scientific name	<i>Sapindus trifoliatus</i>
Family	Sapindaceae
Parts used	Fruits
Major active ingredients	Saponins
Major uses	Natural cleanser, antifungal



Soappod

Common name	<i>Shika, Righa</i> (Hindi), <i>Charmakansa</i> (Sanskrit)
Scientific name	<i>Acacia concinna</i>
Family	Fabaceae
Parts used	Bark, leaves, pods
Major active ingredients	Lupeol, Spinasterol
Major uses	Hair conditioner, cleanser, treats constipation



Sorrow less tree

Common name	Sorrow less tree (English), <i>Sita Ashok</i> (Hindi), <i>Jasundi</i> (Konkani/ Marathi), <i>Ashoka</i> (Sanskrit)
Scientific name	<i>Saracaasoca</i>
Family	Fabaceae
Parts used	Flowers, stem bark
Major active ingredients	Procyanidin, epicatechin
Major uses	Antimenorrhagic, oxytocic



Stevia

Common name	Candy leaf, Sweet leaf (English), <i>Meethi patti</i> (Hindi), <i>Madhu patra</i> (Sanskrit)
Scientific name	<i>Stevia rebaudiana</i>
Family	Asteraceae
Parts used	Leaves
Major active ingredients	Stevioside, steviolbioside, rebaudiosides
Major uses	Sweetener, antidiabetic



Stone breaker

Common name	Gale of the wind / seed-under-leaf (English), <i>Bhui amla</i> / <i>Jar aonla</i> (Hindi), <i>Bhuiavali</i> (Konkani/ Marathi), <i>Bahu patra</i> (Sanskrit)
Scientific name	<i>Phyllanthus niruri</i>
Family	Phyllanthaceae
Parts used	Whole Plant
Major active ingredient	Terpenoids and lignins
Major uses	Cooling, alexipharmic, laxative



Sweet flag

Common name	<i>Vasa Bach</i> (Hindi), <i>Vakhand</i> (Konkani/ Marathi), <i>Haimavati</i> , <i>Bhutanashini</i> , <i>Jatila</i> (Sanskrit)
Scientific name	<i>Acorus calamus</i>
Family	Acoraceae
Parts used	Rhizomes
Major active ingredient	β – Asarone
Major uses	Antiulcer, anti-inflammatory



Sweet sagewort

Common name	<i>Nagadona</i> (Hindi), <i>Damanakah</i> (Sanskrit)
Scientific name	<i>Artemisia annua</i>
Family	Asteraceae
Parts used	Whole plant
Major active ingredient	Camphene, isoartemisi, steroids
Major use/uses	Antimalarial, antitumor, aromatic



Tinospora

Common name	<i>Giloe</i> (Hindi), <i>Amrithvel/ Gulvel</i> (Konkani/ Marathi), <i>Amrita/ Guduchi</i> (Sanskrit)
Scientific name	<i>Tinospora cordifolia</i>
Family	Menispermaceae
Parts used	Whole plant
Major active ingredient	Berberine
Major uses	Antileprotic, ant rheumatic, antidote for snake venom



Toothache plant

Common name	Para cress (English), <i>Akarkara</i> (Hindi), <i>Pipulka</i> (Konkani/ Marathi)
Scientific name	<i>Spilanthes acmella</i>
Family	Asteraceae
Parts used	Flower bud, leaves, root
Major active ingredient	Spilanthol
Major uses	Antimicrobial, anti parasitic, tooth ache relieving



Turmeric

Common name	<i>Haldi</i> (Hindi), <i>Halad</i> (Konkani/ Marathi), <i>Haridra</i> (Sanskrit)
Scientific name	<i>Curcuma longa</i>
Family	Zingiberaceae
Parts used	Rhizomes
Major active ingredient	Curcumin
Major uses	Antiseptic, antibacterial, antiageing



Vetiver

Common name	KusKus grass (English), <i>Khus</i> (Hindi), <i>Vala</i> (Konkani/ Marathi), <i>Usirah/ Lamaja/ Abhaya</i> (Sanskrit)
Scientific name	<i>Vetiveria zizanioides</i>
Family	Poaceae
Parts used	Roots
Major active ingredient	Vetiverol
Major uses	Aromatic, antibacterial, germicidal



Water willow

Common name	<i>Vatagni/ Nilanaigundi/ Kala adulsa</i> (Hindi), <i>Tev Kalabansa</i> (Konkani/ Marathi), <i>Vatagni/ Bhutakeshi</i> (Sanskrit)
Scientific name	<i>Justicia gendarussa</i>
Family	Acanthaceae
Parts used	Leaves
Major active ingredients	Gendarusin, betasitosterol
Major uses	Contraceptive agent, laxative



White dammar

Common name	<i>Chandrusa</i> (Marathi), <i>Sarjakra</i> (Sanskrit), <i>Dhup</i> (Hindi)
Scientific name	<i>Vateria indica</i>
Family	Dipterocarpaceae
Parts used	Resins obtained from trunk
Major active ingredients	Stillbenoids, Terpenes and flavanoids
Major uses	Aromatic, antibacterial, neuro- protectant



Wild onion

Common name	<i>Jungali pyas</i> (Hindi)
Scientific name	<i>Allium</i> sp.
Family	Alliaceae
Parts used	Bulbs
Major active ingredient	Allicin
Major uses	Blood purifier, reduces cholesterol

